

State of North Carolina



MICHAEL F. EASLEY
GOVERNOR

FAMILY DAY

2007

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

A PROCLAMATION

WHEREAS, the use of illegal drugs and prescription drugs and the abuse of alcohol and nicotine constitute the greatest threats to the well-being of America's children; and

WHEREAS, 12 years of surveys conducted by The National Center on Addiction and Substance Abuse (CASA) at Columbia University have consistently found that the more often children and teenagers eat dinner with their families the less likely they are to smoke, drink and use illegal drugs; and

WHEREAS, teenagers who eat dinner with their families two times a week or less are twice as likely to drink alcohol and smoke cigarettes, compared to teens who have frequent family dinners; and

WHEREAS, teenagers who eat dinner with their families are half as likely to smoke cigarettes, smoke marijuana and drink alcohol; and

WHEREAS, the correlation between family dinners and reduced risk for teen substance abuse are well documented; and

WHEREAS, parental engagement is known to be one of the most crucial factors in determining the likelihood of substance abuse by teenagers; and

WHEREAS, family dinners have been proven to help make our families healthier and happier and have long constituted a substantial pillar of family life in America;

NOW, THEREFORE, I, MICHAEL F. EASLEY, Governor of the State of North Carolina do hereby proclaim September 24, 2007, as "**FAMILY DAY - A DAY TO EAT DINNER WITH YOUR FAMILY**" in North Carolina, and I urge all citizens to recognize and participate in its observance.



Michael F. Easley
MICHAEL F. EASLEY

IN WITNESS WHEREOF, I have hereunto set my hand and affixed the Great Seal of the State of North Carolina at the Capitol in Raleigh this first day of May in the year of our Lord two thousand and seven, and of the Independence of the United States of America the two hundred and thirty-first.